

QC

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A celebration for inductees into the Saskatchewan Sports Hall of Fame **P.10**

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BLUES BUDDIES

CHRISTIAN MITCHELL FEEDS HIS SOUL AND HELPS INTELLECTUALLY DISABLED KIDS EXCEL IN THE GOOD FADIES BLUES BAND **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

GARRY THOMAS MORSE

Futures in War and Quinoa

I had just completed my book of poetry about my mother's Rwandan exile. First Nations when I became university in the biological roots of America.

I then created the territory New Hadesmance in the novel *Rogue Cells* as a futuristic post-apocalyptic version of North America, which is also a denigration of war, terrorism and NSA espionage.

A review on subterranean magazine calls it "dystopian comic parody" and "over time if we lived inside the current media representation of our lives."

As we become increasingly aware in our glowing devices and "digital life," it is inevitable that our perception of reality should become skewed. As we eagerly give over our

sense of personal agency and morality to celebrities, we should expect that they one day take readers into their own measured hands.

In *Rogue Cells*, celebrities carry out terrorist acts to defend jurisdictions in our version of a "Shakespearean test," and when believed. Blister and falling from the Congo Turkey 7778 into the House of (S)M (S)M, not, who didn't see that coming, right?

My book includes a second novel called *Carbon Harbour*. It should be triple double-breasted because it is about food (literally) being the fu-



Garry Thomas Morse

ture, in which bio-products such as kale dresses and cornucopia buildings, and the heavy class social, starving laborers who struggle in word phrases and in organic futures.

In one scene, a word phrase owner is sitting on a corn stool and trying to think about eating it, instead raising a glass of wine to quinoa culture and praising his corporate employees. Fear is "in the ground" that the giant overpopulation

warfare will soon run out of garbage to eat, and people escape into virtual political futures to get dirty and ease all that tension.

All Putnamville, newswire sleep on

a male manual after an old spell and play with highly evolved sea creatures called "aqueducts" while a provocative and hardcore sales strategy is used to sell a universal picture project to the public.

Rogue Cells / *Carbon Harbour* is part of my dystopian fiction series called "The Great Questions," a gorgeous parody of multiple genres including war, crime, science fiction, historical narrative and even the recent trend to "create" our own worlds. I wrote it for the clever, attractive adults, as even if you're a matured, you might want to ask a growing before leading through it. Then you can start nibbling on them.

My books are available from Telos.



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Chris Hamilton and members of the Good Buddies Blues Band sit behind Dr. Martin Luther King High School at Virginia Alexander (centre) and director, the band, which just returned from a fundraising trip to Chicago. What connects an intellectually disabled student with their peers? [qc.hwpd to my.microwell.net](http://www.leaderpost.com)

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Shelby Murdoch's fresh and pretty look for her high school production. qc.hwpd to my.microwell.net

QC COVER PHOTO BY BRYAN SCHLOSSER

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ON THE COVER

I don't look at their disability. I look at their ability. —Chris Hamilton

#CHRIS HAMILTON AND THE GOOD BUDDIES BLUES BAND

Making magical music

By Austin M. Davis

There won't be a Good Buddies Blues Band without director Chris Hamilton.

When the 2013-14 school year starts in the fall, it will be the 10th anniversary of the blues band from Dr. Martin Luther King Catholic High School that now hangs unobtrusively doubled students with their peers. It will also be Hamilton's 30th year as a teacher, and he says retirement isn't too far away.

"I'm pretty good at leaving things on the past, but it's more sad going to be the case. This band has been such a big part of every day," Hamilton says.

As the band's popularity has grown since 2005, so did the demand to get the Good Buddies to perform at events. Hamilton found himself handling more than just a teacher's responsibilities.

"I get eight calls during the day or three emails, first somebody wants to book us. Some days there's three bookings a day. I'm like a booking agent."

Though he's not available, he knows that he'll need to find something to fill the void of regular practices, booking, planning and performances for groups of appreciative and dedicated students.

"It's going to be a whole different world, but I'll find something else to feed my soul and what I want to do, maybe musically because my career's going to be over anyway," Hamilton says.

"It's a time to sort of wind down. You don't want to leave the student as a high. They should know the end is coming soon."

Hamilton has good reason to think of recent years as high points.

Starting with single trips to Macon, Ga. and St. Louis, Mo., the band has travelled to perform in Minnesota and B.C., and twice to the U.S. In 2013, the band went to Disneyworld and performed inside of the park.

Earlier this month, Hamilton and a group of 50 students and parents went to Chicago, the city where famous blues musicians like Muddy Waters and Buddy Guy lived and left their permanent imprint on the blues.

Changes prevented them from playing at the Chicago Blues Festival, but the band has always been comfortable dealing with the unexpected.

"That's exactly what you do when you're working with special needs kids. There's going to be some adjustments you have to do. There are things that won't go as smoothly as you thought it would, but you always get over. You learn somewhere," Hamilton says.

In October, after booking transportation, accommodations and applying to perform, the dates for the Chicago Blues Festival were pushed back a week, which would have bumped up against high school classes.



Chris Hamilton and members of the Good Buddies Blues Band at Dr. Martin Luther King Catholic High School in Regina. Hamilton founded and directs the band that combines intellectually disabled students with their peers. CP PHOTO BY STEVE SCHWASS

I get eight calls during the day, or three emails, that somebody wants to book us. Some days there's three bookings in a day. I'm like a booking agent — Hamilton



During the Best Buddies Blues Band's working trip to Chicago in June, the group of 24 students from Lakeland High School had the chance to get onstage at the House of Blues and perform with a gospel group. **SUBMITTED PHOTO**

Even though they didn't get to perform at the festival during the week-long trip, Hamilton says he still has his band book the other lineup.

The Good Buddies Blues Band played with a gospel group at the 60 music shows of Blues and gospel the stage at Chicago's largest and oldest blues club, Kingston Mines, which has been frequented by the likes of B.B. King.

♦ ♦ ♦ ♦

No one could have predicted how far the little blues band from Nigeria would go under Hamilton's direction.

The idea for the band developed when a group of students with intellectual disabilities from DeSage Catholic School expressed an interest in remaining involved in band at the high school level. The students were astounded by making the jump to high school band, where the musical pieces would become more difficult and the director would be unable to give them the attention they needed.

The band director said, "We can't do this." And the parents said, "No. You have to. You started them in band, you have to continue." Hamilton recalls, "So they went to the human resources department and our

HR guy checked with human rights and said 'Yeah. You have to provide them (with a band). You can't deny them now (so) you've created them.'"

Hamilton, who was an arts coordinator for the Regina Catholic School Division, heard from the intellectually disabled students' parents. They wanted their kids to be in an inclusive band with their peers. He promised the parents there would be a band though not the traditional kind. He volunteered to direct the group and was named to Leblond.

Leaving a band of eight in with his musical background, "My soul is music," he says.

Hamilton found a group of kids that already had relationships with the intellectually disabled students through the Best Buddies Leblond chapter. Best Buddies is an international nonprofit organization that promotes one-to-one friendships between individuals with intellectual disabilities and students.

Hamilton settled on the band playing blues because of the genre's simplicity. Most blues, rock and country songs are based around three chords. Best Buddies Blues Band would practice and perform covers of blues standards like "Hound Dog," made famous by Elvis Presley and songs Hamilton

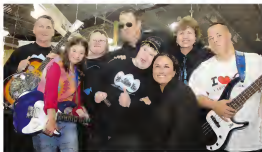
wrote in the key of D or G that would maximize inclusion.

The band started with eight associate bookies who were interested in joining during the band's hour with four of their positions the Functionally Integrated Alternative Education Program (FIAP). FIAP students are able to enroll in the band until their third birthday.

The Good Buddies Blues Band — with a total of 24 members in 2013-14 — was the structure a bit. Instead of one-to-one friendships, Hamilton says it's more like building 10 to 15 friendships.

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(The parents) are just really wowed by the interaction among the kids and watching their own kids having fun doing something they probably never thought they'd be capable of doing, and they can. — Mary-Anne Hesany



Sam Aylward (center-back) poses with the Good Buddies Blues Band in Regina on Sept. 12, 2014. (C. MacNeil for Regina Leader-Post)

Bonnie had no previous experience working with intellectually disabled students, but he had a desire for success that resonated with everyone involved.

"Keep it simple. Make it fun and have them succeed. That's all I wanted them to do."

"I don't look at their disability as a look at their ability."

The associate builds play drums, bass, guitar, keyboards and song along, while their FLAIR peers play the egg shakers, xylophones, small percussion instruments and sang. None of the instruments are assigned.

From the group's beginnings, there has never been judgment, pretension or accommodation.

The students' enjoyment is the same whether the band is practicing in the classroom or playing onstage at the House of Blues in Chicago.

"What it has done for these stu-

dents and for the parents is not their kid included with their peers, it's powerful. It's magical," Heston says.

"I just wanted them to get to gather, have fun and play. Now it's onstage, but it's still the same thing. We still have fun and play."

If the Good Buddies Blues Band were a sports team, with Hamilton as the head coach, then Mary-Anne Hesany is the general manager.

An instructional assistant, Hesany is supervising the students at both time and volunteered to do percussion during band practices.

"I thought it was a really good idea because it was something that allowed the kids interaction with each other and share a lot of good times. It worked really well," she says.



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You don't have to be a concert pianist, but you have to understand different instruments because the kids are playing lots of different instruments. And you need to have the personality to be upbeat all the time — Bert Yakachuk



Chris Hamilton's Good Buddies Blues Band performed at Knighton Blues. The spot is Chicago's largest and oldest continuously running blues club and has been discovered by the likes of B.B. King, Stevie Nicks and

She has been involved with the band ever since. Her partnership with Hamilton has benefited both the LeBoutin kids and the countless folk of strangers. She's heard a lot of positive feedback from the band's families directly.

"(The parents) are just really moved by the interaction among the kids and watching their own kids having fun doing something they probably never thought they'd be capable of doing, and they can. They can do it. They're well up to it."

Hammer handling the logistics allows Hamilton to focus on the music.

"I have to be flexible because Chris comes up with all of the ideas," she says.

In her career as a high school principal, Bert Yakachuk worked at several Catholic schools in

Regina, and Hamilton was a teacher at several of those schools. Yakachuk and Hamilton have known each other for at least 30 years.

"Mama is his hero, Jon, Picasso," Yakachuk says.

"He put his soul out in his heart for special needs kids, and that's how that whole Blue Buddies evolved."

Yakachuk has travelled with the band to 100+ cities and Chicago. He estimates he has seen about 30 or 40 Good Buddies Blues Band concerts.

"No two performances are the same," Yakachuk says. "I don't think I've been at a performance where there hasn't been a standing ovation."

He says Hamilton has all the traits the band's

director needs.

"You need the talent. You need to have the musical ability to put it all together. You don't have to be a musical parent, but you have to understand different instruments because the kids are playing lots of different instruments. And you need to have the personality to be up front all the time."

Yakachuk believes the buddies and associate buddies respond to the experience Hamilton puts on stage.

Yakachuk credits Hamilton's wife Jackie, a teaching assistant, with some of the band's success.

"There are no money tones, setting up and taking down, Jackie's left helping loading and taking things back," Yakachuk says. "If it wasn't

for her Chris would never be able to do what he does."

Jackie doesn't have any problems with leading a band, especially when the group is so tight-knit.

"I love these kids to pieces. I don't begrudge what (Chris) does. It's teamwork all around."

■ ■ ■ ■ ■

Students who have been in the Good Buddies Blues Band, buddies and associate buddies will remember Hamilton's impact.

Ellie Larson was an associate buddy in the band for three years until she graduated in 2013. The previous were a weekly highlight.

Continued on Page 8

Keep it simple. Make it fun and have them interact.
That's all I wanted them to do
—Hamilton



Good Brothers Drum Band members — Roger Lanius (left), Robbie Kaiti, Aaron Haggis, and Roben Hamel — rehearse at Dr. Martin Leloudas High School over the lunch hour. leaderpost.com/photos/2016/06/16/good-brothers-drum-band-rehearses-at-dr-martin-leloudas-high-school-over-the-lunch-hour

"Dr. Hamilton was really great. He just pushes inclusion, inclusion inclusion. Always be a buddy always make sure you're playing with a buddy, singing with a buddy, dancing with a buddy." It's not about going there to be with the rest of the secondary hallway, it's about being there with the PLAK? students and making sure that they're having a great time because it is really about them," Lanius says.

The bald Hamilton is a math teacher in Grade 8, but she says he just seemed to be right in his element during practices and performances.

Two of Lanius's older brothers were on the band before her. Her brother Roger has an undiagnosed intellectual disability.

Even for myself — because Roger is quite high functioning — going into it, you have an idea of how to interact with people with different levels of ability, but you're able to handle it so much better after and just realize that everyone's the same, no matter what. Everyone has fears and everyone has good things about them. It doesn't matter who they are. Every-

one's equal," she says.

Roger was one of the band's first members and he remembers playing solo on the xylophone and snare drums as much as he remembers Hamilton playing along on the piano. In 2014, Roger went with the band to Vancouver to perform during the Paralympic Games.

Hamilton remembers Roger vividly and his first lights up when Roger's name is mentioned.

Having introduced so many students to blue music, planned rehearsal and instrumental traps and used his passion for music to promote inclusivity to his students, we could wonder why Hamilton says he's willing to walk away from the Good Brothers Blues Band without passing it along.

The organization is rooted in the organic community from which the band originally grew.

"It's got to grow from the leader."

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LEADER-POST

IN THE CITY

WEDNESDAY, JUNE 18, 2014 — 1:30 P.M.

Success rains down on the Riot



Regina Riot offensive lineman Andrew Hill (No. 55) celebrates with teammate Andrew Poyce (No. 97) during a victory game against the Winnipeg Maroons during a Western Canadian Women's Football League playoff game held at the University of Regina. The Riot won 27-13 and will head to Saskatoon to face the Valkyries in the playoff semifinals on Sunday. go.heraldnet.com/REG-18-14

ON THE SCENE

SASKATCHEWAN SPORTS HALL OF FAME INDUCTION DINNER

Celebrate sports!

The newest inductees in the Saskatchewan Sports Hall of Fame were welcomed June 15 at an induction dinner at the Delta Regina.

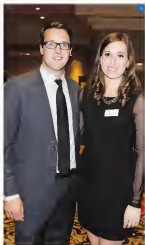
In the athletic category, the newest inductees were Capt. Edward Lyman Abbott (hockey), Bob Bourne of Kimberley (hockey), Jacques-Louis Lussier (basketball) and Keith Magnuson (swimming).

Brian Clark (athletics) and Claude Poiré (baseball) were inducted in the builder category.

The teams inducted include the 1996 Randy Dwyer Mixed Curling Team, the 1996 National Mixed Curling Champions, 2001 Saskatchewan Hilltop Football Club, the 2001 Canadian Junior Football Champions, 2002 Saskatchewan Hilltop Football Club, the 2002 Canadian Junior Football Champions, 2003 Saskatchewan Hilltop Football Club and the 2003 Canadian Junior Football Champions.

The Saskatchewan Sports Hall of Fame preserves over 100 years of Saskatchewan sports culture through inductees, education and museum exhibits.

QC PHOTOS BY TROY FLEECE



ON THE SCENE



1. Jon Ostroff and Leland Gervais

2. Dawn Magnuson, Karen Magnuson, Molly Magnuson and Kristin Magnuson

3. Robert Bowles, Pat Sears, Jeremy Sears and Gabe Sears

4. Amber Trivett and Curtis Moretto

5. Maria Gambino, Bonnie Clark, Rachelle Boschman and Joel Boschman

6. Erin Trivett, Dean Koshenil and Josh Clark Ingles

7. Kirby Rantoux and Brian Clark



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SHARP EATS

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit QC on Facebook

SASKATCHEWAN FOOD SCENE

World Cup-themed fare to help cheer your team on

By Jenn Sharp

The FIFA World Cup started off with a bang for host country Brazil on June 12, as they best Croatia 3-1.

Levinson Regine and Saskatoon are offering a range of specials to get fans in seats for the games.

At the Woods Althouse on Lee and Avenue in Saskatoon, the games will be broadcast live during business hours and others replayed in the evenings. The kitchen team has come up with a unique menu of themed dishes for each game. Look for meat platters of smoked meat, cheese and pickles when Brazil plays, Japanese steak for the Iraq host game and gyoza for Croatia.

A Mexican chef is creating all the dishes that need a Latin touch. All are paired with Pabst beer or other craft beers. Watch for new recipes during the semi-finals and a burger feast for the final match.

In Regina, Milton Rebello has cooked up a gourmet Brazilian steak special to run throughout the World Cup. The executive chef at the Hotel Saskatchewan, who is "obsessed with soccer," created a tender grilled sirloin steak, thinly sliced in garlic toast with shrimp chutney sauce, undercooked radish, stoned baby carrots, Dijon roasted and sliced red onion. It's paired with the hotel's version of the coquebrito, Brazil's national cocktail.

In Brazil, the coquebrito consists of mufuga, sugar cane burnt liquor, sugar and fresh lime. That's not readily available in Saskatchewan though as bartenders are substituting with vodka or rum. Here is a close cousin as both it and coquebrito are made from sugarcane-derived products.

Rebello and his team will make themed meals and appetizers during the semi-finals for each team. He's hoping Africa, Japan or Costa Rica makes it as the team can easily represent.



Milton Rebello and his team at the Hotel Saskatchewan have created a Brazilian steak and coquebrito cocktail special for the FIFA World Cup. QC photo by Jenn Sharp

SHARP EATS



When Spaniards at the Netherlands' chefs at the Minsk delihouse in Saskatoon created a gazpacho and honey-glazed partridge combo for \$19. Gazpacho, a Spanish cold soup is made from tomatoes, cucumbers, onions, bell peppers, and assorted bread crumbs and fresh mozzarella. Partridge was once a staple in the Netherlands before potatoes were introduced. (PHOTO BY MICHAEL MUMFORD)

"It'll be a black box — (only) bits of fun for us. Then we'll throw the challenge to the service crew who have to come up with a drink."

All dishes will of course have a local twist, like mustard or terribe. Bebek is a loyal supporter of the Regina Farmers' Market, and often displays his items, by what a fresh at the farmers' market each week.

Abel's home life in Regina is offering appetizer and beer specials while you watch the game as a 10th-floor projection screen. The sale always hosts World Cup parties.

The Lucky Pickle House is hosting a World Cup Club House until July 13.

All games will be shown live and regular, and authentic prices will be up for grabs. Not surprisingly, it's not surprising in the future.

Chiefs of the newly opened male spot have made a forkless menu to really let you eat like a lioness. Items like steak and cheese sliders, a spin on classic Brazilian street food or fresh fish marinated in house-made olive oil and herbs.

Washburn's English Pub in Saskatoon is also serving the game and has a range of English beer on tap, English snack plates and throwback cocktails on special, including a Union Jack martini.

Saskatoon's Tavern is offering free rounds of Pilsner in their lounge when Italy scores,

HOW TO EAT LIKE A BRAZILIAN

You don't eat while you're doing your job, especially if it's a pizza place, according to Claudio Machado. The second owner has moved to C-100, in 2007 and is a member of the Brazilian Food Festival in the heart of the park in Saskatoon.

"Nobody wants to be there during a game," he said. "We're here for the watching, eating, meeting — eating and drinking."

The most common mix is to 100 percent of pork or beef, like a quality cut and you don't need much more to make it all. Machado is perfect — nobody wants to eat through a tin.

Good food is also popular — much like the food. "It's not just the food, it's the atmosphere," he said. "It's the fun of it."

Typically the food is made in the house, into bite-sized cups and passed around a big table for everyone to share.

and half-price on their side Italian beers 50 minutes before kick-off.

Wherever you go, cheer loud, eat lots and tip your server!

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FASHION

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HIGH SCHOOL GRADUATION

Shelby Murdoch: Lovely locks complete any look

By Ashley Martin

Shelby Murdoch started in her high school play last fall. For the record, it was *Beauty and the Beast*, but a role in *Heart* might have been more apt.

"She lives doing her hair, so even if it's not an option."

"I love doing my hair" and Murdoch "I never just leave it."

Sometimes she'll cut it, or opt for a more natural look for her straight hair. Although even that is a process.

"It's funny, you know how people try to go far that natural look? That's the part that takes the longest is trying to make it look so natural. So you've got to put these different hair products in and you have to hold your hand and sandwich it and then let the blow-dryer do it."

But it's worth it. Aside from her nails being a Murdoch's top fashion priority.

So of course, in preparation for her graduation from Thom Collegiate in Regina this month, she went for a funky op-art inspired by her regular stylist Kristina Halliwell.

The rest of Murdoch's graduation ensemble was easily reflecting her single sense of style.

Her dress and shoes are now but the rest of her accessories were borrowed or beguiled.

She knows for sure she's one else at graduation will have her dress. "The vendor just started a Facebook page where they posted photos of their dresses to eliminate duplication."

"A lot of people are wearing that fit and flare, which is like a mermaid dress. I'm the only one with this colour. I'm the only one with this kind of one-shoulder style, so that was pretty neat," said Murdoch, who is looking forward to the aftermath of graduation more than the celebration itself.

"I like the part, but I'd rather already be over these (and) into the new phase," she said.

She has always wanted to be a nurse and is enrolled in the University of Regina/SAIST collaborative program for nursing.



Shelby Murdoch poses along her hair and is wearing a funky op-art inspired by her regular stylist Kristina Halliwell.



1. **HAIR COME:** Half come, from a look at Fashionista Mall. "It's really pretty, flowy and it's really nice."

2. **MAKEUP:** SST Signature Series from Boss.

3. **EARRINGS:** "I always wear earrings every day." (Wear earrings) These Park & Buzz sparkly balls, made in Saskatchewan, belong to her mom.

4. **TATTOOS:** Both from the Pink Tattoos Right arm: "Archer" (Archer) "Grace" was my grandpa's favourite, hymn and her funeral song, and her maiden name was Rose."

Left arm: "It's a quote from a song by Alessa Morassut."

5. **DRESS:** From Lisa Anderson's Proulx Girl Design Studio in the Beaver, about 200 kilometres south of Regina.

"It was the first one I tried on. I really do not like pink at all (normally)."

6. **HAIR:** "Last year my mom bought me a Gelish kit because it costs \$40 or so to go to a salon and get it done. Now I can do minimal designs and I can do French tips."

7. **RINGS:** Both belong to her sister.

8. **SHOES:** Nine West from The Shoe Company.



FASHION

HAIR HOW-TO

Murdoch's hair is fresh, pretty and — bonus! — took less than 20 minutes to do.

Versatility was the point of this look, which reminds Hallwas of a "Boho-Caribby goddess."

"Luckily when I graduated, the ceremony and the bachelorette party were two separate days," said Hallwas. "But the more I talk to people, it's all in the same day... and I feel like it's not always realistic to have time to come to the salon and spend expensive hours for hair."

This look was quick and is easy enough to do yourself. Before styling, use a texturizing spray like Evo's Milder Fantasy (which Hallwas used) for better hold.



(Top picture) Shelby Murdoch's hair before and (bottom picture) after being styled at D255 Hair and Makeup Boutique in Seattle. (60 minutes to second look).

Step 1

Twist both sides of hairline away from the face. Pinning the twist to secure it.



Step 2

Make three little ponytails at the nape of the neck. Backcomb each ponytail for more texture.



Step 3

Twist the ponytail and hold the end with one hand. Slide the thumb and forefinger of the other hand up the ponytail (which makes a kind of spiral bun), then pin the braid (use as many pins as necessary). Repeat for all three ponytails.



Step 4

Pin-release the look with accessories.



Kristen Hallwas creates Shelby Murdoch's final hair style.

HALLWAS'S GRAD HAIR TIPS

- If you don't have time to get your hair done on the big day, consider booking a mini-consultation in advance. "Then we have the chance to show them what kind of products to use or what techniques so their style will actually hold throughout the night."
- Don't necessarily pay attention to hair trends. You can pull off any style with confidence. Don't stress about what's cool — just celebrate your unique style.
- Hair accessories can complete a look and change a simple style.
- Pack some bobby pins and a mini hairspray in case of hair emergencies.

GARDENING

• GARDENING IN SASKATCHEWAN

Ground covers for dry shade: part two

By Sara Williams

Dry shade — under a dense tree canopy, between houses and under the eaves — is one of a gardener's least desirable environments. Grass won't survive, nor will most perennials or shrubs. But there are some drought- and shade-tolerant ground cover plants that are established and can be used to solve those problems.

Establishing plants requires a bit of extra care in their first year. Several planting holes with organic matter like compost, apply a 18 cm mulch layer and water deeply regularly.

Here are a few dry shade groundcovers that will cover your shabby old areas.

Western Canada violet (*Viola canadensis*)

Native to our Prairie woodlands, it's a charming-looking and attractive ground cover for dry shade. Fragrant white flowers with a yellow eye and distinct purple-pink veins appear in late spring and early summer above heart-shaped foliage.

Hogweed groundcover (*Ceanothus americanus*)

Excellent for dry shaded areas. As the Latin name suggests, it grows from dry roadsides to form a dense cover of uniquely fragrant, light green leaves about 30 cm high. The flowers are 2-3 cm in diameter and appear in early summer. They stay in colour from white to deep magenta. The leaves have an attractive orange in the fall. The lighter shade the greater the flowering, but the foliage alone carries it a place as a ground cover.

Fuzzy orangeop (*Caryophyllus*)

As well-adapted to shade as the better-known hedge orangeop (*C. arvensis*), it grows throughout our prairie landscape. Its tiny green foliage is fine-textured, each pair of opposite leaves forming a leaf consisting of two small lobes. Only 15 cm in both height and spread, it is globe-shaped and works well as a mass understory under trees. It has attractive yellow flowers but also spreads (which makes it an excellent barrier planting as well).

'8cm' false spurge

(*Silene acaulis*, '8cm')

A fairly recent addition to our arsenal of ground covers and succulents in deep shade with little water once-established, it emerges

in the spring with stunning golden-orange foliage mingled with lime green, brightening even the gloomiest shade. Privately, some pound leaves and white daisy flowers in late summer add to its landscape value. About 1 m in height, it eventually forms a continuous understorey through suckering. As attractive as the foliage appears in a nursery pot in the spring, don't be "suckered" into thinking that it will be well behaved as a shrub border. It will be out of bounds within a season. Use it as intended: as a ground cover.

Western snowberry

(*Symphoricarpos occidentalis*)

Well used by Dr. Martin as an understory in partial shade on the University of Saskatchewan campus grounds. Native to the prairies, it spreads by suckering. Pink, bell-shaped flowers in spring are followed by clusters of non-edible berries that ripen to an all-inclusive white but stay large when brown. The oval leaves are a blue-green.

Creeeping forget-me-not

(*Scilla maritima*, 'forget-me-not')

A low (20 cm) perennial distinguished by its bright green, lance-shaped foliage and the small, white flowers that appear in spring. It spreads by stolons and thrives in dry shade.

Virginia creeper

(*Parthenocissus quinquefolia*)

Most adapted for its brilliant scarlet fall foliage. Keep in mind that this feature will be subdued in the shade, but the large compound leaves, each with five toothed leaflets, remain attractive. Small blueberries remain green below the inconspicuous flowers. It is particularly useful to cover slopes.

Without us the author of the newly revised *Creating the Prairie Xscape: New Native Book*, The Saskatoon Prairie Press, Part 4 of *Zoe: A photographic history* will be released shortly.

This column is provided courtesy of the Saskatoon Perennial Society (www.saskatoonperennial.org) and the Saskatoon Prairie Press (www.saskatoonprairiepress.com). Check out our calendar for upcoming horticulture events like Labour & Learn opportunities throughout the summer.

Have a gardening question? Contact Gardening Line, 366-968-6868 or gardening@leaderpost.com



Western Canada violet: *viola canadensis*



Western Canada violet: *viola canadensis*



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Mosaic

thequeencityex.com



JULY 30 - AUGUST 3



BRET MICHAELS



Friday August 1
Presented by **RAMADA** **JACK**

MONSTER TRUCK



WILD DANK JONES
Saturday August 2
Presented by **Spacchi** **W**

DOWN WITH WIGGERS



Sunday August 3
Presented by **Spacchi** **W**

MAISON CANADIAN LIVE STAND



WEDNESDAY July 14
Presented by **Spacchi** **W**

MURRAY'S TRENCH



Thursday July 21
Presented by **Spacchi** **W**

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ON SALE NOW**

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ON SALE AT

SAFEWAY



CO-OP

Sherwood

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**EX-PL-ODE
INTO THE EX**

TUESDAY, JULY 27 - Parade at 7pm and Fireworks at dusk

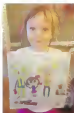
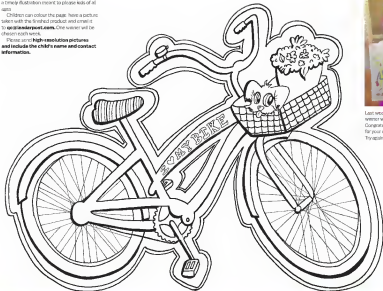
OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to art@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's OC colouring contest winner was **Hayley McNeil**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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**Breakfast perfected.
Dinner done right.**
(and everything in between)



CROSSWORD

NEW YORK TIMES Edited by Will Shortz

References

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RESEARCH AND THE ENVIRONMENT

- | | | | | | | | |
|----|------------------------------------------|----|---------------------|----|---------------------|-----|-----------------------------------------------|
| 27 | the end of the letter | 21 | and with emphasis | 26 | breaks in a road | 44 | clarity with a simile on its \$5000 home sale |
| 28 | the US's local society | 22 | long towards | 27 | of perception | | |
| 46 | the same | 4 | left out of back | 29 | plains-plain design | 50 | the part of a shadow |
| 50 | some description of the second interview | 10 | to call | 39 | is described a home | 10 | to be in the same |
| 17 | 27 and all others | 7 | to call | 41 | horizontal work | 51 | Some singers come |
| | conclusion featuring 49 houses | 7 | One singer's sister | 23 | travel as a | 52 | Some actors |
| 48 | Wilson 17 | 9 | the singer's sister | 30 | the old | 53 | Some actors |
| 49 | Wilson is a mechanical | 3 | Wilson's identity | 31 | the old | 54 | Some actors |
| | inquiries | 3 | Wilson's identity | 32 | the old | 55 | Some actors |
| 13 | Wilson's identity | 1 | Wilson's identity | 33 | the old | 56 | Some actors |
| 14 | Wilson's identity | 1 | Wilson's identity | 34 | the old | 57 | Some actors |
| 15 | Wilson's identity | 1 | Wilson's identity | 35 | the old | 58 | Some actors |
| 16 | Wilson's identity | 1 | Wilson's identity | 36 | the old | 59 | Some actors |
| 17 | Wilson's identity | 1 | Wilson's identity | 37 | the old | 60 | Some actors |
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| 19 | Wilson's identity | 1 | Wilson's identity | 39 | the old | 62 | Some actors |
| 20 | Wilson's identity | 1 | Wilson's identity | 40 | the old | 63 | Some actors |
| 21 | Wilson's identity | 1 | Wilson's identity | 41 | the old | 64 | Some actors |
| 22 | Wilson's identity | 1 | Wilson's identity | 42 | the old | 65 | Some actors |
| 23 | Wilson's identity | 1 | Wilson's identity | 43 | the old | 66 | Some actors |
| 24 | Wilson's identity | 1 | Wilson's identity | 44 | the old | 67 | Some actors |
| 25 | Wilson's identity | 1 | Wilson's identity | 45 | the old | 68 | Some actors |
| 26 | Wilson's identity | 1 | Wilson's identity | 46 | the old | 69 | Some actors |
| 27 | Wilson's identity | 1 | Wilson's identity | 47 | the old | 70 | Some actors |
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| 33 | Wilson's identity | 1 | Wilson's identity | 53 | the old | 76 | Some actors |
| 34 | Wilson's identity | 1 | Wilson's identity | 54 | the old | 77 | Some actors |
| 35 | Wilson's identity | 1 | Wilson's identity | 55 | the old | 78 | Some actors |
| 36 | Wilson's identity | 1 | Wilson's identity | 56 | the old | 79 | Some actors |
| 37 | Wilson's identity | 1 | Wilson's identity | 57 | the old | 80 | Some actors |
| 38 | Wilson's identity | 1 | Wilson's identity | 58 | the old | 81 | Some actors |
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| 41 | Wilson's identity | 1 | Wilson's identity | 61 | the old | 84 | Some actors |
| 42 | Wilson's identity | 1 | Wilson's identity | 62 | the old | 85 | Some actors |
| 43 | Wilson's identity | 1 | Wilson's identity | 63 | the old | 86 | Some actors |
| 44 | Wilson's identity | 1 | Wilson's identity | 64 | the old | 87 | Some actors |
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| 50 | Wilson's identity | 1 | Wilson's identity | 70 | the old | 93 | Some actors |
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| 54 | Wilson's identity | 1 | Wilson's identity | 74 | the old | 97 | Some actors |
| 55 | Wilson's identity | 1 | Wilson's identity | 75 | the old | 98 | Some actors |
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| 58 | Wilson's identity | 1 | Wilson's identity | 78 | the old | | |
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JANRIC
CLASSIC
SEDDON

Laurel M. Schreyer

Fill in the blank cells using numbers 1 to 8. Each number can appear only once in each row, column and 3x3 block. Use logic and powers of deduction to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

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2				3		6	8

Solution to the crossword puzzle and the Sudoku can be found on Page 28

THE COPPER KETTLE

BUSINESS

SPECIAL OCCASION

DATE NIGHT

FRIDAY

LUNCH

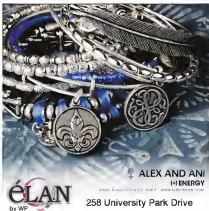
You Fill In The Rest!

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EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wednesday, June 15

Wednesday Night Folk: Two Down Bulfinch
Bushwacker, 2206 Denison

WayBack Wednesday with Leah Her Cellos
McNally's, 2226 Denison Ave.

Corey Marguard:
The Pump, 661 Victoria Ave. E.

Thursday, June 16

Havok, Wretchin' This, St. Helen, Synthet
The Exchange, 2431 Eighth Ave.

The Lion, The Beat, The Fox & The Shoes
Artful Dodger, 1631 11th Ave.

Kinder Scout, Smoke Break, The Shoes
McNally's, 2226 Denison Ave.

Corey Marguard:
The Pump, 661 Victoria Ave. E.

Friday, June 20

Seena Railway Viola Swell
Featuring pianist Jodi Lavesque, 7:30 p.m., St. Luke's Anglican church, 2203 Apple Rd.

Corey Marguard:
The Pump, 661 Victoria Ave. E.

Any Helicon
8 p.m., The Artisan, 2637 10th Ave.

Timeline, Shortie Miller
Artful Dodger, 1631 11th Ave.

Wonderland
McNally's, 2226 Denison Ave.

Cloze Yuleen, Good Girls
Oxwains, 1647 Scotch St.

666 Pridgys
VQPR, 3475 Toronto St.

Saturday, June 21

Wonderland
McNally's, 2226 Denison Ave.



Nancy and Ann Wilson of Heart return to Regent on Monday. (Photo by Brian Schaefer)

Arturo Sandoval
8 p.m., Casino Regina Show Lounge, 660 Saskatchewan Dr.

Yukon Blonde, Hollerado
Moto Valley Raceway (directions at reginamotocross.com)

Milkenky's Sons
Crescote Bar & Grill, 2215 Esplanade Dr.

Sunday, June 22

Rock Out for Cystic Fibrosis
Featuring: Degrassi's Checco, Sonic Orchard, Leather Cabs, The Pink Whiskers 7 p.m., McNally's.

3330 Denison Ave.
Sting Jam Festival
Artful Dodger, 1631 11th Ave.

Monday, June 22

Monday Night Jazz & Blues
Yound Midnight

Rushwacker, 2205 Denison

Heart, Jason Bonham
Brent Centre, Brent Place

Weekly Dave Civile
Instruments provided 7:30-9 p.m., The Living Spirit Centre, 3016 Dean Dr. Call Mike, 358-1330-3591

1960s are being reconsidered by female Canadian artists at various stages of their careers. This group exhibition brings together new works by artists from across Canada.

Joy Walker: Untitled 2
Toronto artist Joy Walker's artwork for Central Library's east-facing window explores line, geometry, pattern and elements of chance using various media.

PM:
Freedom, Life Me More, Resilience, Empathy: art projects by Grade 10 students of St. Coleridge.

Finally Way Back and Cooper
Battersby Here is Everything. Narrated by an animated cat and rabbit who claim to be speaking to us from the future, this is a bittersweet reflection on the inevitability of death, the existence of God, and the possibility of redemption. Part of Tragedy Plus Time.

June 21-Aug. 27
Dunkin' Art Gallery Central Mall/Stratford, 2311 12th Ave.

Shells Kanne: Lights, Camera, Action!
Until June 20, Ashby's Gallery, 2266 Smith St.

Gerrit Ann Shew: Patterned after Nature
New commissions in wood and paper. Until June 26, Mystery's Gallery, 2706 13th Ave.

Terrance Osborne: Departures
Until June 30, Ashby's Gallery, 2266 Smith St.

Sweet Tooth
With a seemingly light-hearted approach to art, Jeffery Little brings a level of serious contemplation about the moments and experiences that resonate through our lives.

Cultured Nature: Ryan Arnett
Until July 12, Housecar Gallery, 2146 Albert St.

Essence of Place
The Artists of Scott Nicholson Fine Arts. New exhibitions quarterly.

Joan E. Sommers: All Earth is Rural Ground
Mendels-Bar paintings of natural landscapes speak to our physical and emotional intimacy with nature.

Art in Bloom
Works offer a variety of texture, colours, patterns, and materials.

Mary Pratt
A five-decade retrospective which celebrates the renowned Newfoundland and Labrador artist.

Chickadee and Pine Arts of Art and Ink
Paintings by Chinese artists Linping Jiang and Hsueh Tsai.

Pass the Hat
Until June 20, The Club at the Exchange, 2431 Eighth Ave.

Open Mile
Artful Dodger, 1631 11th Ave.

Tuesday, June 24

Music Jam
8 p.m., Artful Dodger, 1631 11th Ave.

Winter Leaves
O'Malley's, 1547 Scotch St.

VISUAL ART

Wilson's A Field of Purple, Orange and Green?
The formalist aesthetics of the modernist movement of the

EVENTS

Whose Line Anyway?
Improv comedy featuring
Pam Miles, Greg Proops, Joel
Murphy and Jeff G. Davis
June 20, 8 p.m.
Cinema Regina's new show
1850 Saskatchewan Dr.

The Laugh Shop
Live standup every Saturday
night, 9:30 p.m.
Barnaby Hotel, 3810 Victoria
Ave.

The Tabbies
Gross-out comedy. Live commentary
for less-than-excellent movies
hosted by comedians Jayden
Wheeler (free with a donation
to the Regina Food Bank
June 26, 9 p.m.
RPL Film Theatre, 2381 12th
ave.

PERFORMANCE

How to Give Feedback
Workshop for poets and per-
formers.
Every Thursday, 7-9 p.m.
Owensville City Centre, 3043
Hamilton St.

**Saskatchewan Express Pre-
miere Performance**
June 26, 5:30 p.m.
Delta Hotel, 1919 Sask Dr.

DANCING

**Seize on the Place with Re-
gina Se Leases**
June 20, 7-11 p.m.
City Square Plaza

Mines One Club Dance
June 20, 8 p.m. - midnight
Regina Senior Citizens Hall,
3354 Winnipeg St.

Oldie Thyme Back Dance
Featuring a cash bar and
10:30 cash. Live music by Les
Geoffroy.
June 20, 8 p.m. - midnight
Historic Wolf River, Indian Head

Regina Ballroom: Dances
Club practice dance
June 21, 7:30-10:45 p.m.
Lakeland United Church Hall



Actor/poet/producer and dancer is one partner of *Whose Line Anyway?* to improve their effectiveness to the Canadian Festival of the Arts.

2000 McCallum Ave.
Dance On the Party
Every Sunday
McCallum's, 2230 Dewdney Ave.

FOR FAMILIES

Stare and Strollers
Wednesday, 10 p.m.
Clinging October Southland
Mall, 3025 Dundas Rd.

Take A Difference
Contact Baking through
baking, spread kindness with
a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bakeshops,
2300 Winnipeg St. N.

Drop In Indoor Playground
Friday, 9-11:45 a.m.
South Lethbridge Centre, 130
Sunset Dr.

Mom and Kids Morning
Hosted by Katie Murray, 3:00-

2:00-2:30.
Friday 10-11:30 a.m. Early
Learning Family Centre, South
College, 3320 7th Ave.

Build and Grow Clinics
Build a special feature project.
For children ages 5 and up.
Saturday, 10 a.m.
Lewicki, 4350 Dundas Rd.

Family Favourite Films
Enjoy a favourite film for just
\$2.99.
Saturday, 11 a.m. Galaxy Cinemas, 428 McCordy Blvd. N.

Kids' Day
Camp Monahan fundraiser
featuring games, prizes, face-
painting, snacks and more.
June 21, 9 a.m.-5 p.m. Once
House, 1010 Quebec St. N.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Cen-
tre, 2900 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475
Albert St.

Parent & Preschooler
Jungle Gym
Monday, 9:30-11 a.m.
Allotchin Family Wellness
Centre, 443 14th Ave.

Science Time for Kids
Interactive workshop aimed
at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Cen-
tre, 2900 Powerhouse Dr.

Exploration Days in the Park
For Kids
Sports in the Park with
Saskatchewan Sports Hall of
Fame. For ages 3-12. Call
306-355-7547 for register-
ation. 9:30-10:30 a.m., Victoria Park.

Mom's Morning Out
3200 AveHill Dr. south of
Saskatoon

Members of Pre-Schoolers
(MOPS)
Rosewood Park Alliance
Church, mops@rosewood-
park.ca

Regina Newcomers Club
reginaneewcomersclub@gmail.
com

Time Out For Parents
at Allotchin Family Wellness
Centre, 2200 Lindsay St., 306-
525-8555, allotchin@usask.ca

Y's Men's Group
WYMC, 2400 12th Ave., 306-
712-1633

Y's Men's Group for Multiple
WYMC, 2400 12th Ave., meets
the third Thursday of the
month at 10:30 a.m.

YWCA Regina
1840 McIntyre St., 306-525-
2141

MUSEUMS

Alan Young School Museum

1820 Fourth Ave
Tours by appointment only
(306-523-3000)

Civic Museum of Regina
1275 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-6 p.m. Closed
Sunday and Monday

Government House Museum
& Heritage Property
4607 Dewdney Ave.
9 a.m. to 5 p.m. daily

ICMCP Heritage Centre
58 07 Dewdney Ave.
Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum
1205 Ross Ave.
Tours by appointment (306-
777-7744)

Regina Saskatchewan Museum
3643 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military
Museum
1600 Elphinstone St.
Open Monday and Thursday,
7-9 p.m., or by appointment
(306-367-5545)

Saskatchewan Science
Centre
2900 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holi-
days noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall
of Fame
3255 Waterloo Ave.
Monday-Friday 10 a.m.-6:30
p.m. Saturday noon-5 p.m.
Closed Sundays

OTHER HANGINGS

Regina Farmers' Market
Wednesday and Saturday, 9
a.m.-5 p.m.
City Square Plaza, downtown

Canada's Farm Progress
Show

June 18-20, 9 a.m.-6 p.m.,
Evans Place

Words in the Park
Hosted by Saskatchewan
writers' guild
June 18, noon-1 p.m.
Victoria Park, downtown

Sundown and Substitutions
Yoga in the Park with Yoga
Ladies
June 18, noon-1 p.m.
Victoria Park, downtown

ICMCP Sergeant Major's
Parade
Wednesday, 12:45 p.m.
ICMCP Depot Division, 5000
11th Ave.

Yoga Party
Hosted by Sodhi Tara Yoga.
June 18, 5-6 p.m.
Victoria Park, downtown

Sepak Telam in the Park
Hosted by Sepak Telam As-
sociation of Saskatchewan,
June 18, 5-6 p.m.
Victoria Park, downtown

Regina Red Sox vs. Yorkton
June 18, 7 p.m. Currie Field

Adult Night at the Science
Centre
June 18, 7-10 p.m.
Saskatchewan Science Cen-
tre, 2900 Powerhouse Dr.

Regina Red Sox vs. Melville
June 18, 7 p.m. Currie Field

Relay For Life
Canadian Cancer Society
fundraising for a relay
and entertainment
June 20, 7 a.m.-7 a.m.
Douglas Park track

Saskatchewan Roughriders
vs. Saskatchewan Skedaddles
June 20, 8 p.m.
Mosaic Stadium

Motorfest
June 20, 8 a.m.-5:30 p.m.
Mile 167 Highway (directions
at reginamotorcross.com)

EVENTS

Kings Park

Nature Begins hosts a walk amid wetlands and poplar bluffs looking for birds and plants of interest. Cost is share of gas.
June 21, 8 a.m.-noon. Meet at the Royal Bank Museum parking lot, 3445 Abbott St.

French Club

Practice and improve your spoken French.
June 21, 10-10:30 a.m.
U of W library, French Resources, second floor Language Institute building.

Bazaar

Scotchbroom's latest outdoor arts and crafts show, with entertainment throughout the day.
June 21, 10 a.m.-5 p.m.
Markus Art Gallery, 3475 Main St.

Culture on the Plaza

Regina Multicultural Council presents dance and performance.
June 21, noon-1 p.m., City Square Plaza

Roller Derby

File Of Bones Derby Club
June 21, 7 p.m.
Cello Curling Club, 2225 Saville S. Chester Way

Regina Red Sox vs. Multiva

June 21, 7 p.m. (game final)

Melanie Myer's Masquerade Ball

Masks required. Unveiling at midnight. Black-tie or formal attire. Live entertainment from pianist Trevor Stratus with Anne Dealy. In support of SOFA House. Tickets \$100.
June 21, 7 p.m.
Regency Ballroom, Hotel Saskatchewan, 2125 Victoria Ave.

Heart for the Eyes

"A Taste of the Caribbean" will highlight the food, art and culture of this region, with proceeds from the event supporting the gallery.



Roller derby? This month a File Of Bones Derby Club bout is Saturday night's main attraction.

June 21, 8-11 a.m.
Art Gallery of Regina, 2430
Catharine St.

Tel Chile in the Park
Hosted by Regina's Telcel Tel

Chi Society, June 22, 10-11 a.m.
Victoria Park

Photo & Photo Studio
Every Sunday, 8 and 10 p.m.
O'Leary's, 1847 South St.

George Seel Golf Tournament
June 23, 11 a.m.
Wascana Country Club, 6500
Wascana Parkway

Die-Off in the Park

June 20, noon-1 p.m., Victoria Park

Chess in the Park

Chess games and lessons.
June 26, 11 a.m.-2 p.m., Victoria Park

Ultimate Frisbee Drop-In

June 26, noon-1 p.m., Victoria Park

ChessDay Challenge

Drop-in gathering of board game enthusiasts.
Tuesday, 6 p.m.-midnight.
Ruston Plaza, 545 Abbott St. N.

FILM

Whisper for Young Girls

Drama
Guided by the spirits of her departed mother and brother, 15-year-old Miriam revs against a selfish Indian Agent.

Empire of Dirt

Drama
Three generations of First Nations women in Ontario struggle to deal with the demons of their past.

Hi-Ho Hallelujah!

Documentary
Alana O'Brien explores the power of allegory of women's dream, a national campaign to ensure that First Nations students have fair access to education in safe and comfortable schools.

Regina Public Library Theatre
2311 12th Ave., 206-777-6100

Flight of the Butterflies

Documentary
Join hundreds of millions of butterflies on an amazing journey in a remote highway in the mountains of Mexico.

Kanyas: Ancient Kingdom

Documentary
Discover Kanyas a famous fauna in their natural habitat, including the Big Five — lions,

Asian elephants, Cape buffalo, leopards and black rhinos — and gazelles, hippos and cheetahs. Meet two fearless young Maasai and follow them on their ritual safari.

Island of Lemnara: Madagascar

Documentary
Join scientist Marnie Wright as her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Korner Inn
2002 Powerhouse Dr.
206-522-6629

NEW MOVIES

Jersey Boys

Drama
The story of The Four Seasons band, whose code of honor brewed on the streets of their native New Jersey got them through a multitude of challenges, grueling debts, Mafia threats and family disasters.

Think Like a Man Too

Comedy
Candice (Dwight Hall) and Malibu (Tina Turner) are getting married, so their friends hit Las Vegas for their bachelor and bachelorette parties. The men panic and hit up top joints, while the women go to a nightclub. The misadventures threaten to doom the big event.

Galaxy Cinema
420 Century Blvd. N.
206-522-9556

Chaplin: Golden

Southland Mall Cinema
2625 Gordon Rd., 206-585-2383

Madame Tenebris

Golden Mile Shopping Centre
2806 Albert St., 206-259-3290

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ASK ELLIE

Wife's anger needs to be addressed for daughter's sake

Q. My daughter, now 34, was adopted at age four and has lived in Canada since her long-absent biological father, who's failed her, told her, she's failed us with drawn from many things, not finishing high school nor university making courses, never staying long in a job, losing young friends.

She complained of social disorders but a sensitive psychiatrist saw no other problems except possibly ADD/ID (previously diagnosed). Now, who and her boyfriend refuse to see us unless my wife sees a psychiatrist about her anger issues, which my daughter says have no need for life.

Over 34 years together I've seen that my wife's anger does flare up but quickly drowns in it. I'm reluctant to waste time, money and emotional distress in urging this. Our choices, I pretend to have seen a psychiatrist and be about it. (1) she actually manifests one, (2) we refuse.

Troubling Situation

A. It's most "troubling" that you consider lying, and also compare your vision of your wife's anger to that of a child's without understanding the true, heinousness and unfairness that a child feels when the all-powerful adult's anger mysteriously flares then disappears.

By the age of four your daughter had already experienced significant trauma. She was adopted and her entire world changed. These anger outbursts may indeed have confused

her greatly and affected her lack of confidence.

To try to re-establish a relationship with her daughter your wife should see a psychiatrist. And you should encourage this as a family need. She needs to see her place in the "story" and have compassion for



Ask Ellie

her daughter.

Q. My husband's wife is an alcoholic who gets sloppy drunk and becomes disgusting to be around.

Because he's my father-in-law's "baby" brother everyone else accepts "that's him."

I don't. He makes countless social jokes, created my teenage daughter's worries, stigmas, and fears. His words, which make everyone laugh including my adolescent son.

I want to avoid going to these events but my husband says he'll go without me and I'll be alone, and make me the bad guy.

A. They're a family of enablers, a tough circle of denial to break.

Consider whether you can encourage some family members (your husband?) to attend an Al-Anon meeting, and learn the real impact of providing alcoholics' acceptable. Example: the message to look, and the culture of ignoring problems.

Also suggest closest relatives exercise. Use to get a health check and confront any physical effects.

Meanwhile, teach your son skills that dealing about someone doesn't create ignoring a serious problem.

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Crossword/Sudoku answers

H	A	R	M	S	I	M	P	S	J	I	N	K
E	M	A	I	L	B	U	R	Y	A	D	A	M
W	I	N	S	O	M	E	C	L	O	S	E	S
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1	3	9	4	6	8	2	7	5
8	6	2	7	1	5	4	3	9
4	7	5	3	2	9	8	1	6
5	4	8	1	3	6	9	2	7
3	9	1	2	8	7	6	5	4
7	2	6	5	9	4	3	8	1
9	8	3	6	5	1	7	4	2
6	1	4	8	7	2	5	9	3
2	5	7	9	4	3	1	6	8

